Community Garden News City of Loma Linda April 2004

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

WARM WEATHER ANNUAL VEGETABLES

Beans

Eggplant

Corn

Cucumber

Lettuce

Melons

Okra

Peppers

Radish

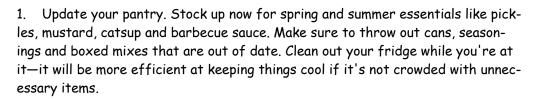
Squash

Tomatoes

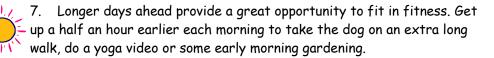


Spring Renewal

Spring is the time to make changes and foster new attitudes for the coming months. To help you get started, here are some ways to bring the joy of spring into your life!



- 2. Nothing says spring like freshly cut flowers. Whether you treasure tulips or prefer peonies, treat yourself and brighten up your dinner table with a wonderful bouquet.
 - 3. A few herb plants like rosemary and basil can do wonders for your spring dishes. You can keep herbs on a sunny counter top or windowsill.
- 4. Get in touch with what's in season in your region with a trip to the farmer's market. Most markets around the country are open by early to mid-April, so put on your good walking shoes and grab your basket; it's time to taste the season's freshest picks.
- 5. If you haven't been running since last fall, it may be time for new shoes. A good pair is integral to preventing injuries with such a high impact sport. The American Running Association can help you determine if it's time for a new pair. With great shoes, you'll be itching to train for your first marathon.
- 6. Give your kitchen a fresh look in five minutes. How, you ask? A new set of dish towels with a bright color or fresh print can perk up a tired looking kitchen.



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Brand New!

Patio Gardening at the Senior Center

- 4' x4' containers
- Tool shed
- Monthly newsletters
- Workshops on nutrition and gardening
- All you have to bring are seeds and seedlings



Come cultivate a garden with friends

For additional information please call Joanne Heilman (909) 799-2812

March Workshops

March was a very busy month for the community garden workshops. We had two workshops: one on the 18th about the facts on fiber presented by LLU's Masters student Kari Davis and the

other on the 30th concerning diabetes presented by masters student Karen Kelly and Soccorro Hernandez.



Karen and Soccorro present on diabetes

Some very informative material came out of these workshops from our LLU school of public health Did you know Maggie and Paige masters students. that soluble fiber found in oat bran, with the pizzas dried beans, apples, prunes, broccoli,



and barley can lower your blood cholesterol? In our diabetes workshops we discovered the importance of foot care, eating meals consistently, and including fresh fruits and vegetables as part a daily diet.

The LLU master students demonstrated how to make some

very creative and healthy dishes that tasted good too. Student Maggie Carneiro cooked a high fiber vegetable pizza along with a banana pizza for dessert. Student Paula Thompson demonstrated how to make a diabetes friendly tofu scramble without the eggs. If you are interested in trying these recipes and others from previous Paula with the tofu workshops. They can be found on the city website: www.ci.loma-linda.ca.us under community.



Congratulations to the lucky raffle winners who are now the proud owners of new tomato seedlings start up pails.

Join us for out next workshop on April 28th and learn about the facts on fat.

Recipe Corner

Spring Rice Salad with Alfalfa Sprouts Makes 4 servings

2 cups cooked rice

1/2 cup snow peas

2 scallions, minced

1/2 cup shredded fresh spinach

1 tablespoon olive oil juice and pulp of 1 lemon

1/2 teaspoon dried basil

1/2 teaspoon dried oregano

1 teaspoon Dijon mustard

2 cups alfalfa sprouts



In a large salad bowl, combine rice, peas, scallions, and spinach.

In a small bowl, whisk together oil, lemon juice and pulp, basil, oregano, and mustard.

Toss half of the dressing with the rice mixture, then arrange sprouts atop rice and drizzle the remaining dressing over them. (Sprouts are not tossed with rice because they tend to mat and tangle when mixed.) Serve at room temperature in individual salad bowls.